

Nov./Dec. 2016

Senior News



40200 Utica Road - Sterling Heights

586-446-2750 Office 586-446-2766 Gym



**CITY OF
Sterling
Heights**
InnovatingLiving

Mayor - Michael C. Taylor Mayor ProTem - Joseph V. Romano
Council: Deanna Koski, Maria G. Schmidt, Doug Skrzyniarz, Nate Shannon and Barbara A. Ziarko
City Manager - Mark D. Vanderpool

The Senior Center, Gym & Walking Track will be closed on:

- Nov. 11 for Veterans Day
- Nov. 24 - 26 for Thanksgiving
- Dec. 16 for Senior Center Holiday Party
- Dec. 23 - 26 for Christmas
- Dec. 30 - Jan. 2 for New Year

The Senior Active Life Center (which includes the gym, table tennis and walking track) will also be closed on Dec. 14 (after 4:15p.m.) and Dec. 15 all day due to Holiday Party preparation.

Note: If Utica Community Schools or Warren Con. Schools are closed due to inclement weather, the Senior Center programs and transportation will be canceled. The cancellation hotline, (586) 446-2693, is also available for patrons to call anytime to find out if classes or transportation will be running.

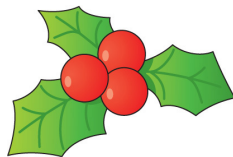
Thanks to Our Sponsors

- ♥ **Heartland Sterling Heights** - Card Party Ice Cream.
- ♥ **Oakmont Sterling** - Pool tournament goodies, Bunco treats and score pads.
- ♥ **Shelby Nursing Center** - Coffee, cups, and Sack Lunch Serenade entertainment.
- ♥ **American House Senior Living Communities** - Bingo pizza.



As 2016 draws to a close we wanted to take a moment to thank all of our patrons for a wonderful year, especially our volunteers who give so much of their time and talents to help keep the Center a fun and vibrant place to be. We wish all a holiday season wrapped up with cheer and filled with celebration for a New Year that will bring a lot of happy moments and much blessing throughout 2017.

Senior Activity Center Holiday Party



**Friday, December 16
10:00 a.m. – 2:00 p.m.**

(Doors open for the party at 9:30 a.m.)



Cost: \$18.00 Resident / \$20.00 Non-Resident
Ref. #: 6003.425 (Registration Deadline is 12/1/16)

Come celebrate the joys of the season with your friends at the Sterling Heights Senior Center. This Senior Center tradition includes food, entertainment and fun. The main entertainment for the day will be provided by Rennie Kaufmann but expect some surprises guests as well. Lunch will be provided by A Moveable Feast, Inc. (Chicken Marsala, garden salad, green beans almondine, smashed redskins, dinner roll and dessert). Meals are provided in partnership with the Macomb County Senior Nutrition Program.



BUS RESERVATION HOURS: Monday - Friday
9:00 a.m. - 11:30 a.m. & 1:00 p.m. - 2:30 p.m.
Bus riders may call (586) 446-2757 to make appointments.



Trip Departure Information



Date	Destination	Status	Endurance Level
11/17/16	Lunch Bunch: Cracker Barrel	Opens 11/2	
11/18/16	Wild Lights at the Detroit Zoo	Waitlist	
11/22/16	"Cirque Dreams Holiday" at the Fox Theatre	Waitlist	
11/30/16	Meadow Brook Holiday Walk and Lunch	Waitlist	
12/02/16	Christmas at Crossroads Village "Holiday Magic"	Waitlist	
12/09/16	Holiday Shopping Chicago Style	Open	
12/16/16	"Mannheim Steamroller Christmas" at the Fox Theatre	Waitlist	
01/19/17	North American International Auto Show	Opens 12/7	
01/25/17	Murder Mystery Dinner Train	Opens 11/2	
02/02/17	Disney's the Lion King at the Detroit Opera House	Opens 11/2	
02/22/17	Historic Churches of Detroit Tour	Opens 12/7	
03/18/17	Rain: A Tribute to the Beatles at the Fox Theatre	Opens 12/7	
03/30/17	A Tribute to Neil Diamond at Zender's of Frankenmuth	Opens 12/7	
04/27/17	Tropical Costa Rica	Open	
09/12/17	Alaska Discovery Land and Cruise	Open	

Trip Information

- Dates and pricing are subject to change.
- If you need a wheelchair lift bus for any of our day trips, please let us know before you register as we need to check on the availability of that bus with the tour company.
- You may sign up one other Resident at time of registration.
- Non-Residents may sign up one day after the opening date.
- There is a \$1.00 cancellation fee for all trips. Trips that involve tickets or other fees may incur larger cancellation fees if tickets cannot be resold.
- No refunds are given if you cancel with less than 48 hours notice.
- Travelers are to park in the northeast lot. This is the lot along the treeline near the gym.
- Each traveler must visibly wear provided lanyard for the duration of the trip.
- On the day of the trip, travelers must be checked in at the Center at least 15 minutes prior to departure. Check in will begin 1 hour prior to departure.
- Trip itineraries and meal choices subject to change. When possible, travelers will be alerted prior to departure.
- Registration for new trips begins at 9:30 a.m. on the date the trip opens. Numbers will be handed out at the door starting at 9:00 a.m. on Registration Day. Please remember, only one number per person.

Endurance Level Key

To better assist our travelers in knowing how much physical endurance is required for each trip, we have come up with the following key code.

= Little walking and physical endurance. (Ex. Going to a luncheon or play)

= Moderate physical endurance necessary. Walking with little stops and some stairs possible. (Ex. Tour of a museum where rest stops are available along the way)

= Strong physical endurance. Walking with uneven surfaces and climbing of more than one flight of stairs possible. (Ex. Walking Club)

(Open)

Tropical Costa Rica April 27 – May 5 , 2017

Cost: \$2,546 Double / \$3,049 Single



With lush forests, exotic wildlife, endless coastlines and stunning waterfalls, Costa Rica is truly a slice of paradise. Your tour begins in the Capital City of San Jose with time to explore the Plaza de Cultura and National Theatre. During the trip, experience a Cano Negro Riverboat cruise, a guided walk in the Cloud Forest, and stay in the Guanacaste Region, known for its sandy beaches and much more.

Trip Includes: 13-meals (8 breakfasts and 5 dinners), round-trip transportation from the

Sterling Heights Senior Center and a Collette Tour Manager in Costa Rica to enhance your traveling experience. Informational brochures are available for pick-up at the Senior Center, or call (586) 446-2750 (Option 0), to get more information.



Alaska Discovery Land & Cruise September 12-24, 2017

Inside: Double \$4,699 / Single \$7,099

Outside: Double \$5,399 / Single \$8,499

Alaska has so much beauty to see and explore. During this 13-day trip travelers will ride a luxury domed rail-car to Denali, relive Alaska's Gold Rush days in historic Skagway, take in breathtaking views of Mt. McKinley along George Parks Highway and enjoy a 7-night Princess cruise, just to name a few things on the itinerary. Informational brochures are available for pickup at the Center or call (586)446-2750 (Option 0), to get more information.

(Opens 12/7)



NORTH AMERICAN INTERNATIONAL
AUTO SHOW

North American International Auto Show

Thursday, January 19, 2017



Cost: \$13.00 Resident / \$15.00 Non-Resident

Ref. #: 6000.421



Experience North America's largest and most prestigious automotive showcase with more than 500 vehicles on display. See the most innovative designs in the world and the next generation of transportation. Please note that lunch will be on your own at the Auto Show. There is a small food court area in Cobo. **Trip Includes:** round-trip travel via our SMART buses and admission to the North American International Auto Show.

Depart from the Senior Center at 9:30 a.m. and return at approximately 3:00 p.m.



(Opens 11/2)

Disney's The Lion King at the Detroit Opera House

Thursday, February 2, 2017



Cost: \$82.00 Resident / \$84.00 Non-Resident

Ref. #: 6000.422



Winning six Tony Awards including Best Musical, there is no wonder why more than 85 million people around the world have experienced the phenomenon of Disney's The Lion King. Set against an amazing backdrop of stunning visuals with music crafted by Tony Award-winning artists Elton John and Tim Rice, this story filled with hope and adventure is one that shouldn't be missed. Tickets are on the main level.

Trip Includes: round-trip transportation via a SMART bus and ticket to Disney's The Lion King.

Depart from the Senior Center at 11:00 a.m. and return at approximately 5:30 p.m.

TRIPS

(Opens 11/2)

Murder Mystery Dinner Train

Wednesday, January 25, 2017

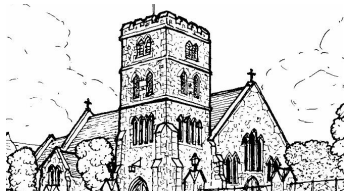


Cost: \$73.00 Resident / \$77.00 Non-Resident
Ref. #: 6000.420



All aboard! Enjoy a 3-hour train ride, along with fine dining and a hilarious table-side murder mystery show. Each railcar will have members selected to participate in the show, you may even be selected as the victim! So come out to join in the fun and see the twisted and devious plot unfold before our very eyes. **Trip Includes:** round-trip transportation on a Bianco motor coach, train ride, lunch (Chicken Marsala, salad, dessert and coffee or tea), murder mystery show, taxes and tips.

Depart from the Senior Center at 9:00 a.m. and return at approximately 4:30 p.m.



(Opens 12/7)

Historic Churches of Detroit Tour

Wednesday, February 22, 2017



Cost: \$47.00 Resident / \$51.00 Non-Resident
Ref. #: 6000.423



Many churches in Detroit are known for their architectural beauty and rich history. Travelers will have the opportunity to tour three of these gems: St. Anne de Detroit Catholic Church, Fort Street Presbyterian Church and Historic Trinity Church. Lunch will be along the water's edge at Andiamo Riverfront, located in the beautiful GM Renaissance Center, known for their authentic northern Italian cuisine. Before returning to the Center we will stop at "On the Rise Bakery", a program of the Capuchin Soup Kitchen where baking provides "second chances" for those whose lives have been negatively impacted by incarceration and addiction. Each baked good purchased helps support housing, training, counseling services, educational opportunities and self-help programs. **Trip Includes:** round-trip transportation via a Bianco motor coach, docent led tour of St. Anne de Detroit Catholic Church, narrated tour of Fort Street Presbyterian Church, guided tour of Historic Trinity Church, lunch at Andiamo Riverfront (Choice of Chicken Piccata, Whitefish Siciliana, or Gnocchi Palmina; house salad, vegetable of the day, dessert, coffee tea or soda also included), time to shop at "On the Rise Bakery", taxes and tip.

Depart from the Senior Center at 9:00 a.m. and return at approximately 5:15 p.m.

(Opens 12/7)

A Tribute to Neil Diamond at Zender's of Frankenmuth

Thursday, March 30, 2017



Cost: \$61.00 Resident / \$65.00 Non-Resident
Ref. #: 6001.420



Since 1996, Tom Sadge has been bringing the look, sound and feel of Neil Diamond to audiences across the U.S., Canada and Europe. Enjoy all the popular Neil Diamond hits including America, Sweet Caroline and Crackling Rosie and as a special treat this year, Tom will sing a few Tom Jones favorites. During the show travelers will enjoy Zender's world famous chicken luncheon. After the show there will be time to shop before heading home. **Trip Includes:** round-trip transportation on a Bianco motor coach, Zender's two-piece chicken lunch, A Tribute to Neil Diamond show, time to shop, taxes and tips.

Depart from the Senior Center at 10:15 a.m. and return at approximately 5:15 p.m.



(Opens 12/7)

Rain: A Tribute to the Beatles at the Fox Theatre

Saturday, March 18, 2017



Cost: \$31.00 Resident / \$33.00 Non-Resident
Ref. #: 6000.419



Go on a musical journey through the life and times of the world's most celebrated band. With classics such as "I Want To Hold Your Hand," "Hard Day's Night," "Sgt. Pepper's Lonely Hearts Club Band," "Let It Be," and "Hey Jude", this live multi-media spectacular is one you don't want to miss. Tickets are on the main level. **Trip Includes:** round-trip transportation via a SMART bus, and ticket to Rain.

Depart from the Senior Center at 6:15 p.m. and return at approximately 11:30 p.m.



(Open)

Detroit Red Wings vs Washington Capitals Saturday, February 18, 2017

Cost: \$77.00 per Resident & \$79.00 per Non-Resident
Ref#: 4003.020

Join the Parks and Recreation Department for an all-ages no-hassle afternoon of fun to see the Detroit Red Wings take on the star studded Washington Capitals. Trip fee includes game ticket, food voucher, round-trip transportation from Dodge Park, curbside drop off and pick up, and parking. Make plans to come see some of the NHL's most prominent stars duke it out at the historic Joe Louis Arena for one final season.

The bus will depart promptly at 12:30 p.m. from the Recreation Center. Game time 2:00 p.m.



(Opens 11/30)

Detroit Pistons vs Washington Wizards Saturday, January 21, 2017

Cost: \$40.00 per Resident & \$42.00 per Non-Resident
Ref#: 4000.025

This all ages trip is through the Parks and Recreation Department. Travel to the Palace of Auburn Hills to see the Detroit Pistons take on the Washington Wizards. Trip fee includes game ticket, round-trip transportation from Dodge Park, curbside drop off and pick up, and parking. In addition, each attendee will get the opportunity to go onto the Pistons court and shoot a free throw after the game. Make plans to see our Pistons "go to work" against John Wall and the Wizards, and leave all the work to us!

The bus will depart promptly at 4:00 p.m. from the Recreation Center. Game time 6:00 p.m.

LUNCH BUNCH

\$4.00 Resident / \$6.00 Non-Resident



We will leave the Senior Center at **10:45 a.m.** One of our SMART buses will take you to the restaurant and bring you back to the Center. Lunch and tip are on your own, unless otherwise stated. Those needing a ride to and from the Center will also need to call the bus reservation line to schedule the additional transportation.

(Opens 11/2)

"Cracker Barrel" Thursday, November 17, 2016



Ref. #: 6003.403

With the cold of late fall settled in and thoughts of the holiday traditions, Cracker Barrel offers a variety of traditional homemade favorites including: soups, salads, fish, chicken, pork chops and more. After your meal, make sure to check out the gift shop. They may just have what you are looking for on your holiday gift-giving list. For your convenience, a sample menu will be available to preview at the Senior Center main desk. Prices range from \$10.00 - \$15.00.



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Facebook Fundamentals

Tuesday, January 10, 2017

2:00 p.m.



Do your family and friends use Facebook, but you can't make heads or tails of it? Don't fret! We're offering an introductory course to Facebook. Our technology instructor will walk you through setting up an account, finding friends, posting news, uploading pictures, and more!

Cost: Free - Registration Required

Ref.#: 6000.200

(Drop-in fee applies)

Journey through Grief

Wednesdays, January 18 - February 22

1:30 p.m. – 3:00 p.m.



This program is a series of six consecutive weekly sessions, offering insights and coping skills for an adult's journey through grief. To know that we are not alone, that others feel as we do, may provide assurance and assist us in healing. Please commit to all six meetings. The bereaved will be able to talk and share with others in a safe environment. Weekly handouts will be provided.

Cost: Free, but you must register in advance

(Drop-in fee applies)

Ref. #: 6000.040

Diabetes P.A.T.H. (Personal Action Toward Health)

Thursday, March 2-April 6

1:00 p.m. – 3:30 p.m.

This program is designed to benefit adults with Type 2 diabetes. Family members, friends, and caregivers are also encouraged to attend the workshop. Participants learn techniques to manage symptoms, fatigue, pain, stress, frustration and fear. Learn strategies for healthy eating, exercises to improve strength and endurance, and how to work more effectively with your doctor. Workshop runs 2-1/2 hours per week for 6 weeks. For more information or to register, call the Area Agency on Aging 1-B.

To Register: Call (800) 852-7795 or visit AAA1B.com

Cost: \$15.00 (Receive a \$15 gift card when you complete the program.) (Drop-in fee applies)

The 411 on Vaccinations

Wednesday, January 11, 2017

11:00 a.m.

Vaccinations aren't just for kids. Are you up to date on your shots? There are several adult vaccinations that are available to help protect you from common conditions such as shingles and pneumonia. A local pharmacist will be at the Center to share information about the type of vaccinations available and answer any questions you may have.

Made In Detroit

Thursdays, January 17

11:00 a.m. – 12:30 p.m.



You're invited to Made in Detroit Retirement Style. Come join representatives from Lifetime Planning as we reminisce about Detroit's storied past. Enjoy a catered lunch, iconic Detroit treats, games, trivia, prizes, and giveaways. Don't miss this fun event full of all things Detroit! Society for Lifetime Planning has served thousands of families throughout Metro Detroit for over 30 years and is proud to present this program free of charge to those that register.

Cost: Free but registration is required (Drop-in fee applies)

Ref: 6000.220

A Matter of Balance: Managing Concerns about Falls

Mondays, February 6 - March 27

1:00 p.m. – 3:00 p.m.

This program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Enjoy group discussion, problem solving, skill building and assertiveness training. Workshop runs 2 hours per week for 8 weeks. For more information or to register, call the Area Agency on Aging 1-B.

To register: Call (800) 852-7795 or visit AAA1B.com

Cost: \$15.00 (Receive a \$15 gift card when you complete the program.) (Drop-in fee applies)

Veterans Benefit Outreach

Wednesdays, Nov. 23 & Jan. 25

Cost: Free (Drop-in fee applies)

If you are a veteran, or spouse of a veteran, and have questions or need help filling out paperwork for Service Connected Compensation, Veterans Pension with Aid and Attendance, VA Health Care, etc., a representative from the Macomb County Office of Veteran Services will be in to help.

Please call the Center at (586) 446-2750 (Option 0) to make an appointment or to get more information. Appointment times run from 9:00 a.m. – 3:00 p.m. When you call, please give a brief description of the service needed so enough time can be allotted.

Geek Time

Tuesday, December 6, 2016

Appointments begin at 2:00 p.m.

Cost: Free – Registration Required
(Drop-in fee applies)



Stop by the Center for one-on-one help with all of your technology questions! We can solve your latest dilemma or teach you something new. It's up to you! Each session is limited to 15 minutes.

AARP® Smart Driver Course

Monday, November 14
and Tuesday, November 15

This 8-hour (2 days for 4 hours each day) classroom refresher course will help mature drivers improve their skills and lessen the possibility of traffic accidents. Participants will receive a certificate, which may be used for insurance reduction offered by some carriers. This class does not teach you how to drive. Participants must pay at time of registration. Don't delay, class size is limited.

Time: 10:00 a.m. – 2:30 p.m.
(a 30-minute break will be given,
so bring a lunch)

Cost: \$15.00 AARP Member
\$20.00 Non-AARP Member
(Drop-in fee applies)

Must pay in advance. Only cash or checks made payable to: AARP.

Health Talks

Hope for the Holidays

Leslie Steffes, MSW

Wednesday, November 9, 2016

11:00 a.m. - Noon

The holidays can be a difficult time when we are grieving a loss. Whether it's been 1 year or 10 years ago, it's sometimes hard to be festive. Join us to discuss tips for surviving this busy time of year. (Drop-in fee applies)



Thank you to St. John Providence Community Health for providing the Health Talk speakers.

Back by Popular Demand

Medicare Open Enrollment Event

Feeling overwhelmed about Medicare open enrollment? Wondering if you have what is "right" for you? Then join us at one of our Medicare Open Enrollment events. Have your Prescription Part D reviewed by a certified counselor from the Area Agency on Aging 1-B. They can also review Supplemental Medicare Insurance policies and Medicare Advantage plans to determine if you are in the "right" policy. Appointments must be made in advance and will last approximately 45 minutes. **To schedule an appointment, call the AAA1-B at (800) 803-7174.**

Wednesday: November 30

Appointments begin at 9:00 a.m.

Cost: Free (Drop-in fee applies)

Call to Action



Giving Back & Reaching Out!

The Center loves to help others, especially those beyond our walls, and provides different opportunities throughout the year to get involved. If you find yourself counting all of your blessings and want to share with those less fortunate by giving a little of your time or by donation(s), then check out the list of current outreach opportunities at the Center below:

Warm Heads, Hands and Hearts

(November 2 – December 3): The Center will be collecting new hats, gloves/mittens, and scarves for the Vietnam Veterans of America and for Samaritan House. Although we will accept items for all, the need is great for men's items. Donated items should be placed by the fireplace in the main hall or dropped off at either desk.

Non-Perishable Food Drive

(November 2 – December 3): Items dropped off by November 25th will be given to the Vietnam Veterans of America for Operation Christmas. After that date, all items collected will go to the Macomb Food Program. Please make sure items are not expired.

Tote Bags of Love

On the third Tuesday of most months, we host a production party for Tote Bags of Love in which volunteers come in to help cut, sew and assemble bags for needy children and the homeless. Upcoming Production Party dates: November 15 & December 20 at 1:00 p.m.

Helping Hands for Heroes

Volunteers sort donated items and fill care bags for the V.A. Hospitals and Vietnam Veterans of America Macomb County food pantry. Volunteers must sign up in advance to help. Call the Center at 586-446-2750 (Option 0) to reserve your spot. **This program runs strictly on donations.**

Fabric and Yarn Donations

The Sit-n-Stitch group, Tote Bags of Love and Snippet Quilters use the fabric and yarn that is donated to the Center to help make items that are given to local organizations to help the people they serve. Some organizations benefiting from their talents are: Turning Point, St. John Hospital Cancer unit, V.A. Hospitals, Abigail's Place, St. Blasé outreach, St. Joseph Hospital Neonatal Unit, etc. Donations can be dropped off at either desk.

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Volunteers do not necessarily have
the time; they just have the heart.

— Elizabeth Andrew

Meals On Wheels NEEDS YOU!

Volunteers are needed to deliver Meals on Wheels to senior citizens in Sterling Heights! The Macomb County Office of Senior Services is opening new routes with the goal of making waiting lists a thing of the past. The Meals on Wheels program delivers healthy, nutritious meals right to the door of homebound seniors, Monday through Friday at lunchtime. Please call us at (586)-469-5228 today for more information about how you can help.



AARP Tax-Aide Volunteers Needed

AARP Tax-Aide Volunteers needed for tax preparation, leadership positions, and computer technicians for the 2016 tax season. Volunteers work approximately 5 hours, one day a week, Feb. 1 through April 15. AARP Tax-Aide prepares Federal, State, and local tax returns for middle and low-income taxpayers, with special attention to those ages 60 and older. Volunteers will receive comprehensive training in cooperation with the I.R.S.

For more information call AARP at 1-888-687-2277
or online at AARP Tax-Aide; www.aarp.org/taxaide.



Consider yourself at home...

Welcome to American House where we offer a variety of senior living options and high quality care so you can enjoy the life you imagine. Simply choose the healthy lifestyle that best suits your needs and our caring staff will take care of the rest.

Visit us online or call us today at (844) 409-5537 to learn more about our Sterling Heights communities and you'll see why we're the perfect fit for any phase of your life.

**American
House** 
SENIOR LIVING COMMUNITIES

AmericanHouse.com



Independent Living | Assisted Living | Memory Care Neighborhoods

Special Events



Sack Lunch Serenade with Craig Marsden

Wednesday, December 7, 2016
11:30 a.m. – 12:30 p.m.

Pack your lunch, purchase a Dining Senior Style meal or just come and enjoy some good music. This is a great way to spend your lunch hour and change up your normal routine. (Drop-in fee applies)

Let's Do Lunch!

Join us every Wednesday at 11:30 a.m. for Dining Senior Style. Tickets sold from 9:00 a.m. - 11:30 a.m., or while supplies last. This program is brought to you by the Macomb County Office of Senior Services. Participants over 60 years of age will receive a meal for a suggested donation of \$3.00 per meal (\$6.50 for those under the age of 60). A list of upcoming menus is available at the Senior Center or by visiting us at www.myshpr.net. (Drop-in fee applies)

Birthday Celebrations

Nov. 2nd, Dec. 7th & Jan 4th



On the first Wednesday of every month, we honor our seniors who are celebrating their birthday with cake, a song and time with friends. Cake is served at 10:30 a.m. All Seniors welcome. (Drop-in fee applies)



Music Appreciation

Wednesdays, November 9 and December 14
9:30 a.m. – 11:30 a.m.

Tom C. will be bringing in his record player and will be spinning some oldies. Participants welcome to bring in one record to share with the group (33s, 78s or 45s welcome). So dust off your favorite vinyl and come join fellow music lovers to listen to some great music and take a stroll down memory lane.



LawnGuru Offers On-Demand Snow Plow Services

The City of Sterling Heights is expanding its on-demand snow removal and lawn mowing offerings by working with Michigan-owned and operated "LawnGuru". Their service provides residents who are not interested in signing up for a seasonal snow plowing or lawn mowing contract the option to order service on an as-needed basis. Allowing users to summon a certified contractor, pay for requested services via credit card and receive a receipt of follow-up, all from the convenience of a smartphone, tablet or desktop computer.

For individuals interested in utilizing LawnGuru's on demand services but are unfamiliar with how to download or sign-up for service, the City is hosting two "LawnGuru Sign-Up Fairs":

- **Monday, November 21 from 10:00 a.m. – Noon** at the Sterling Heights Library Programming Center
- **Thursday, December 1 from 1:00 -3:00 p.m.** at the Sterling Heights Senior Activity Center

LawnGuru staff will be on-site at each of the fairs showing how the service works, answering questions and assisting in signing up for the service. LawnGuru is also offering a special coupon code for Sterling Heights residents (new customers only) to take \$15 off their first snow plow or lawn mowing; simply type in **STERLING15OFF** in the coupon code area at checkout.

The LawnGuru app is free and can be downloaded on a smartphone or tablet by simply going to the iTunes or Google Play store (search LawnGuru). To order via a desktop computer go to www.sterling_heights.net/lawnguru or www.getlawnguru.com.

Games



Mark the second Tuesday of each month on your calendar for BINGO at the Senior Center "B4" you miss out on the fun. The price for an admission card is \$1.00 (No limit - coveralls are played on these). All regular bingos are played on hard/slider cards at a cost of 25¢ each, no limit. Due to State Gaming Rules, we must pay out all monies we take in for Bingo so prizes are based on number of participants and cards purchased. Bring a sack lunch, or enjoy a slice of pizza for FREE, thanks to our sponsor, American House (limit one slice per person- no extras will be sold). Muffins are available for purchase for 75¢. Bus transportation is available for non-driving Sterling Heights Seniors, but must be scheduled in advance.
(Drop-in fee applies)

Tuesdays, November 8 and December 13

**Time: Doors open 9:00 a.m.
Cards sold until 9:45 a.m.
Bingo starts at 10:00 a.m.**

Euchre & Pinochle Card Parties

**Fridays,
November 18 &
December 9**



Sign up to play either Euchre or Pinochle (single deck) at this fun Card Party. **Please arrive by 9:30 a.m. Those not signed in by 9:30 a.m. will forfeit their guaranteed spot.**

The games will begin at 10:00 a.m. and run until approximately 2:00 p.m., with a break for lunch. Pizza may be ordered when signing up for \$1.00 per slice. Muffins are available for 75¢. Bus transportation must be scheduled in advance!

Tickets are \$2.00 per person. If you cancel, there are no refunds (except for money paid for pizza). TICKETS ARE NON-TRANSFERABLE. You may only purchase a ticket for yourself and one other person. No Exceptions! You must purchase tickets by the Wednesday preceding the card party. Those coming in the day of the Card Party without a ticket are not guaranteed a spot.
(Drop-in fee applies)

Any unclaimed prize money will be forfeited after six months.

Bunco

Newcomers are welcome!! No experience is needed. **You must be registered to play.** To reserve your spot today, contact the Senior Center at (586) 446-2750 (Option 0).

**Fridays, Nov. 4, Dec. 2
& Jan. 6th
10:00 a.m.
(arrive by 9:30 a.m.)
Cost: \$2.00**

(Drop-in fee applies)

Mah-Jongg

Mah-Jongg is a game played with tiles that include Chinese figures and a card that indicates the arrangement of tiles to win a game. No experience necessary. All levels of players welcome. This is a wonderful opportunity to learn how to play. Please commit to coming for 3 consecutive weeks if you wish to learn.

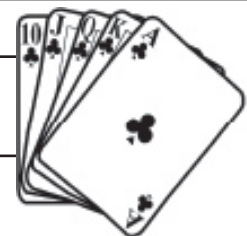


**Thursdays,
9:30 a.m. - 12:30 p.m.
(Drop-in fee applies)
No Mah-Jongg 11/24**



**Wednesdays at 9:00 a.m.
Cost: Free
(Drop-in fee applies)**

<div>  <h3>Drop-In Cards</h3>  </div> <p>Just show up and play! (Drop-in fee applies)</p>	
Bridge	Mondays, Tuesdays & Thursdays at 9:30 a.m. <i>Not Playing: 11/24, 12/26 or 1/2</i>
Cribbage	Wednesdays at 10:00 a.m.
Euchre	Wednesdays and Fridays 9:00 a.m. – Noon <i>Not Playing: 11/11, 11/25, 12/16, 12/23 or 12/30</i>
Hand & Foot	Wednesdays at 9:30 a.m.
Pinochle	Tuesdays at 9:00 a.m. <i>Not Playing: 11/8 or 12/13</i>
Up & Down the River (Oh H@%%)	Tuesdays 9:00 a.m. – 1:00 p.m. <i>Not Playing: 11/8 or 12/13</i>



Arts & Leisure

Sit-n-Stitch

Do you knit, crochet, needlepoint or cross-stitch? If so, this group is for you. Just bring in your current project and take a seat. This is an opportunity to share "purls" of wisdom, get ideas and enjoy the company of fellow textile artists. This is strictly a social group; there will be no formal instruction. Come check it out. This group is sure to keep you in stitches!

Wednesdays, 1:00 p.m. - 4:00 p.m.

Cost: Free (Drop-in fee applies)

Snippety Quilters

This group is for quilters and sewers, beginners and beyond. Bring your own machine, supplies and ideas. No formal instruction will be given. Just come and enjoy time with others that have been bitten by the quilting/sewing bug.



**Thursdays,
November 3 & 17 and
December 1 & 15**

11:00 a.m. - 3:00 p.m.

Cost: Free (Drop-in fee applies)

Model Builders

New or longtime kit model builders are welcome to join this group. Work on your own projects: plastic, wood, metal, etc.

Mondays, 9:30 a.m. - Noon

Cost: Free (Drop-in fee applies)

Not meeting 12/26 or 1/2

Painting Workshop

Join fellow artists in a relaxed atmosphere for a weekly Painting Workshop. Exchange ideas, critique each other's work and enjoy each other's company. (There is no instructor.) Bring your own supplies.

Tuesdays,

***9:30 a.m. - 12:30 p.m.**

Cost: Free (Drop-in fee applies)

*** 2:00 p.m. - 4:15 p.m. on 11/8 & 12/13**



Woodcarving

From new to master wood carvers, this club welcomes all.

Mondays, Noon - 3:00 p.m.

Cost: Free (Drop-in fee applies)

Not meeting 12/26 or 1/2



z e n t a n g l e ®

Zentangle ©

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It has been found to assist people in different ways. Some benefits include: relaxation, creative expression, maintaining fine-motor skills, increased attention, focus and problem solving. Zentangle is about the process not the product and is a great way to keep your brain active.

Instructor: Samm Wunderlich, CZT

Wednesday, January 18

12:30 - 2:30 p.m.

**Cost: \$12.00 Resident
\$18.00 Non-Resident**

Ref# 6000.125

(\$5.00 per person for supplies, which are yours to keep, is due to the instructor at the beginning of class)

Grandparent/Grandchild Zentangle ©

Winter break doesn't have to be blah. Come & have some zentangle fun! Zentangle has benefits for all ages: relaxation, improving fine-motor skills, increased attention, focus, etc. It is also a great way to connect different generations. Samm Wunderlich, Certified Zentangle Instructor, will walk participants through some basic patterns and show how the Zentangle method can be used across many ages. Although Zentangle can be done by almost everyone, we ask that children be at least 10 years of age to participate.

Instructor: Samm Wunderlich, CZT

Tuesday, February, 21

1:00 - 3:30 p.m.

***Cost: \$25.00 Resident
\$37.50 Non-Resident**

Ref.#: 6000.127

***10.00 per additional child**

(\$5.00 per person for supplies, which are yours to keep, is due to the instructor at the beginning of class)

Pool Tournaments

Pool Tournaments have been scheduled for **Mondays, November 14 and December 12 at 9:00 a.m.** The tournament is open to men & women. The cost to enter is \$2.00 per person. The pool room will be closed except for tournament play that day. (Drop-in fee applies)

Pool Tournament Winners

September

1st – Gerry Gill / Ken Pineau

2nd – Don Secen / Elmer Moode

3rd – Bob Wheeler / Al Kroll

October

1st - Jim Dickinson / Phil Santo

2nd - Jerry Gill / John Gibbs

3rd - Steve Lee / Ted Olceski



Pool Table Hours

DAY	9 a.m. - 1 p.m.	1:30 - 4:00 p.m.
Mon.	Open	Open
Tues.	Women	Men
Wed.	Men	Women
Thurs.	Open	Open
Fri.	Men	Women



The Soundz of Music and You?

The Soundz of Music Band plays a variety of songs from the 1920's - 1980's, including standards, Latin, waltzes, polkas, and a few rock tunes. They also practice most Monday afternoons at the Center. Come listen to them, or better yet, bring your instrument and play along. If you have any questions, please call Paul at (586)296-9653. Practice will be canceled if the band has a performance. Call Paul for the schedule.

Mondays,

1:00 p.m. - 2:00 p.m. Open Practice

2:00 p.m. - 3:00 p.m. Play/Sing Along

Cost: Free (Drop-in fee applies)

No Practice: 12/26 or 1/2

Stained Glass Class

If you are interested in learning the beautiful art of stained glass, please call the Center at (586) 446-2750 (Option 0).

Instructor: Madelyn Cipriano

Thursdays, from 9:30 a.m. - Noon

Cost: \$7.00 Resident / \$10.50 Non-Resident

(Drop-in fee applies)

No Class: 11/24

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Senior Book Club

The Sterling Heights Public Library brings a book discussion to the Senior Center! Join a lively talk on some great reads. All chosen titles are available in multiple formats through the library, including large print and audio CDs, so everyone can take part in the fun. (Drop-in fee applies)

Book Club discussions will start promptly at **10:00 a.m.** in the **Senior Center Library** on the following dates:

November 16: Brooklyn by Colm Toibin

December: No Book Club

January 18: Water for Elephants by Sara Gruen



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Now Showing!

Watch a movie and enjoy some refreshments for FREE at the **Sterling Heights Public Library**.

Upcoming shows are:

“Joy”

Wednesday, November 2 at 10:00 a.m.

(PG-13, 124 minutes, 2015)

The story of a woman who rises to become the founder and matriarch of a powerful business dynasty.

“Miracles from Heaven ”

Wednesday, December 7 at 10:00 a.m.

(PG, 109 minutes, 2016)

A young girl suffering from a rare digestive disorder finds herself miraculously cured after surviving a terrible accident.

Transportation will be provided from the Senior Center to the Library for those who cannot drive. Participants must call (586) 446-2757 to schedule a ride. Don't forget to also schedule your ride to and from the Center with Larry.

MOVING YOUR BODY

Line Dance Exercise

"Line Dance Aerobics" can burn 200 to 400 calories in a one-hour class. It is very low impact, making it less stressful on knees and backs. No experience necessary. All of the dances are at a beginner level. Not sure you can do it? Give it a try, your first class is FREE! Bring a water bottle and wear comfortable clothing and shoes.

Instructor: Carol Pakizer

Tuesdays and Thursdays at 12:45 p.m.

Cost: \$5.00 Resident
\$7.00 Non-Resident
 (Drop-in fee applies)

No Line Dance 11/24, 12/27 or 12/29



Tai Chi Chu'an Classes

Experience this soft, graceful, tranquil and non-aerobic exercise. Tai Chi Chu'an provides excellent health benefits including stress reduction, increased blood flow, greater flexibility and balance. Not sure you can do it? Give it a try, your first class is free. **Instructor:** John Marchewitz

Time: Beginner - 9:30 a.m.
Intermediate - 10:45 a.m.

Cost: Drop-in students (per class) \$6.00 Resident/\$9.00 Non-Resident
 (Drop-in fee applies)



Day	Ref.#Beg.	Ref.#Inter.	Dates	#	Res.	Non-Res.
Tues.	6003.028	6003.029	11/1 - 11/29	5	\$24.00	\$36.00
Thur.	6003.030	6003.031	11/3 - 11/17*	3	\$12.00	\$18.00
Tues.	6003.032	6003.033	12/6 - 12/20	3	\$12.00	\$18.00
Thur.	6003.034	6003.035	12/1 - 12/22**	3	\$12.00	\$18.00

No Tai Chi 9/15* and 12/15**



C.C. Plus, Zumba Gold, is a "feel-happy", high energy, low impact aerobic workout to great Latin music. Bring indoor only, non-marking soled shoes.

Instructor: Peggy DiMercurio

Mondays,
9:30 a.m. - 10:30 a.m. (Gym)
Fridays, 11:00 a.m. - Noon
(Fitness Room)

Cost: \$5.00 Resident
\$7.00 Non-Resident
 (Drop-in fee applies)

No class 11/11, 11/25, 12/16, 12/23, 12/26, 12/30, or 1/2

Low Impact Fat Burner



Women & men will increase their cardiovascular conditioning with a 30-40 minute, fat-burning, low-impact aerobic segment. Toning and stretching exercises will follow, making this a complete workout. Bring an exercise mat, exercise band and good aerobic shoes.
Instructor: Dawn Surinck

Time: 7:45 p.m. - 8:45 p.m.
(Eight 1-hr classes)
Fee: \$48.00 Resident
\$62.00 Non-Resident



Ref#: Day Dates
6000.302 M 1/9 -3/6*
6000.303 W 1/11 -3/8**
No Class *1/16 and ** 3/1

Arthritis Exercise

Although the Arthritis Foundation Exercise Program is designed specifically for people with arthritis you do not have to have arthritis to experience the benefits. Maybe you are de-conditioned from medication, pain or winter! Our class specifically requires an attitude of: "YES I CAN!"... maybe not today, but with regular attendance and participation. We incorporate oldies music, dance movement, simple yoga postures for balance and breath, hand-eye games to stimulate our brains and a very healthy dose of laughter. Each exercise has modifications so even those with assistive devices can participate.

Instructor: Kim Connelly

Mondays and Wednesdays
at 11:00 a.m.

Cost: \$5.00 Resident
\$7.00 Non-Resident
 (Drop-in fee applies)

***No Class 12/26 or 1/2**

Resistance Training

Supporting and rebuilding muscle mass, as well as maintaining strength, performance, and bone health are very important as we age, and Resistance Training has been shown to help do all of that. Resistance comes from weights (1-5 lbs. for women / 5-10 lbs. for men), tubes and bands. Please bring weights and a mat to class. Bands and tubes can be purchased or borrowed in class.

Instructor: Dawn Surinck

Morning Class:
Fridays, November 4 & 18
at 9:30 a.m.

Cost: \$6.00 Resident
\$9.00 Non-Resident

Evening Class:
Time: 6:30 p.m. - 7:30 p.m.
(Eight 1-hour classes)
Cost: \$48.00 Resident
\$62.00 Non-Resident



Ref#: Day Dates
6000.300 M 1/9 -3/6*
6000.301 W 1/11 -3/8**
No Class *1/16 and ** 3/1

MOVING YOUR BODY



Square Dance



It is hip to be Square! Modern Western Square Dance that is. Enjoy the fun of the dance while working out your body. Keeping track of your daily steps? Participants should expect to add at least 2,000 steps to their count during each two-hour class. This class is for new and experienced square dancers. **Participants do not need a partner to sign up for the class.**

Instructor: Walt Zatorski

Wednesdays, February 1 - March 29
6:30 p.m. - 8:30 p.m.

Cost: \$40.00 Resident
\$60.00 Non-Resident
(Eight 2-hr Sessions)

Ref. #: 6000.310
No Class 3/1



To you it's about making
the right choice....
To us its personal.

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homeinstead.com/535

Badminton

Players of all levels are welcome to enjoy a friendly game of Badminton.

Thursdays, 9:00 a.m. - 1:00 p.m.

Cost: Free (Drop-in fee applies)

No Badminton 11/24 or 12/15

Basketball



Practice your shot or get a group together for a friendly game.

Mondays, 4:45 p.m. - 9:00 p.m.

Thursdays, 1:00 p.m. - 4:15 p.m.

Cost: Free (Drop-in fee applies)

**No Basketball 11/24, 12/15,
12/26, or 1/2**



Table Tennis

Table Tennis has moved!

As requested we have moved table tennis into a larger room. It is now located in the fitness room off of the atrium by the main desk.

Table tennis is available Monday, Tuesday, Thursday and Friday from 9:00 a.m. - 4:15 p.m. during the months of November and December.

No Table Tennis: 11/11, 11/24, 11/25, 12/15 (after 11:30 a.m.), 12/16, 12/23, 12/26, 12/30 or 1/2

Pickleball

This fun sport, played on a badminton-sized court with a paddle and a whiffle ball, is growing in popularity nationwide. It was created for all ages and skill levels from the slower paced social player to a fast-paced competitive game for the more advanced players. At the Center there are a variety of times when Pickleball is played. Open play is offered for those players that know the sport and whose skill levels are more Intermediate/Advanced. For those that are new to the sport or consider themselves more novice in their skills, we suggest coming during the Beginner & Skill Development times. During these times players of all levels are welcome, but we ask that play be toned down to allow players to learn the game and enhance their skills. **For days and times when Pickleball is played at the Center, see the Senior Active Life Center Schedule on the back cover of this publication.**



Setting the new standard in rehabilitative care

Shelby Nursing Center's new luxury addition "The Hudson" caters to those seeking a specialized rehabilitation experience. Uncover state-of-the-art amenities while receiving the most advanced clinical care for a maximized recovery.

- Luxury private suites with individual showers
- Upscale furnishing and décor
- 43" Smart TV's in every suite
- Complimentary WiFi and valet services
- An exclusive bistro dining experience featuring Starbucks® coffee
- Access to Shelby's celebrated 10,000-square-foot therapy gym



For Your Health

Got MEDICARE Questions?

New to Medicare? Questions on Part D, Advantage Plans, Medigap? Questions on Medicare Charges & Coverage? A Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), a service of the Area Agency on Aging 1-B, is now available at the Sterling Heights Senior Center to help you get answers. One-on-one appointments are free of charge and must be scheduled in advance by calling (586) 446-2750 (Option 0).

Wednesday, December 21
Appointment times start at 1:00 p.m.
Cost: Free (Drop-in fee applies)

Calorie Conscious

Looking for a healthier way of eating? Want to lose a few pounds? The "Calorie Conscious" support group is just right for you. New members are welcome!

Thursdays at 9:30 a.m.
Cost: 50¢ plus Drop-in fee
No Meeting 11/24, 12/22 or 12/29



Reflexology



Heidi Allan, Certified Reflexologist, uses massage-like techniques on the feet to send nerve impulses to all parts of the body which can help initiate the body's own healing mechanism and encourage pain reduction, relaxation, and healing. Appointment times begin at 9:20 a.m. Call the Center to schedule an appointment at (586) 446-2750 (Option 0).

Wednesdays,
Cost: \$15.00/ 20 Minutes (Drop-in fee applies)
No appointments 11/23 or 12/28

Are you sick or feeling under the weather?

Cold and flu season is upon us. We kindly ask that if you feel under the weather to please refrain from visiting the Center. If you are experiencing a fever or flu-like symptoms, we ask that you return to the Center no earlier than 3 days after the fever has broken or symptoms have gone. Thanks for assisting us in keeping fellow patrons and Senior Center staff healthy.



Podiatrist, Dr. Paul Mallamo, provides foot and ankle care at the Center. He can help with bunions, heel pain, nail problems, diabetes, or other conditions. These services

are covered by most insurances and Medicare. (Please note: this is not a free screening. You must bring your insurance & Medicare cards with you.) Call the Center to schedule a 20-minute appointment with Dr. Mallamo. Appointment times begin at 9:00 a.m.; Dr. Mallamo also provides service to homebound residents.

Thursdays, November 3, 10 & 17
December 8, 15 & 23
Cost: Medicare & Co-insurance accepted.
(Drop-in fee applies)

Blood Pressure

Free blood pressure readings by St. John Providence are available monthly. Please take a number at the front counter when you enter the building.

Wednesdays,
November 9 & December 14 at 9:15 a.m.
Cost: Free (Drop-in fee applies)

Medication Disposal

The City of Sterling Heights offers residents an option for safe disposal of expired prescription drugs via a box in the lobby of the Sterling Heights Police Department, located at 40333 Dodge Park Road. There is no charge, and medications can be dropped off 24 hours a day, 365 days a year. Residents are encouraged to black out names and personal information on prescription containers as a precaution.

Disposing of prescription drugs in unapproved manners, such as flushing them down the toilet, can pose environmental hazards. For more information, call the Community Relations Department at (586) 446-2489.

We Value Your Opinion

**YOUR OPINION
COUNTS!**

If you have a suggestion, comment or concern please feel free to let us know. Comment Cards can be found at both the main and gym desks.



Did you know that you may be eligible to receive **FREE SMART** bus tickets? You must be 65 years of age (proof required), a Sterling Heights resident and registered with the Sterling Heights Senior Center (If you are under 65, you qualify if you have Doctor verification that you are disabled and unable to drive).

All eligible residents will receive 20 bus tickets per month. Bus tickets may only be given during the current month. Residents with a physical disability who use a wheelchair are eligible for an additional 10 tickets per month.

For specific information, contact the Senior Center at (586) 446-2757.



Cell Phone Recycling

In the United States alone there are an estimated 500 million cell phones that are no longer being used and many are sitting in the bottom of a drawer collecting dust.

If you happen to come across one of these gems while cleaning, bring it to the Senior Center and we will be happy to recycle it for you. Cell phones should not be thrown in the trash because they contain harmful materials like lead and cadmium, which can be released as the phones break down in landfills. Although recycled phones will have their memory erased of all personal data, it is suggested that you clear out any sensitive data and remove SIM cards before bringing them to the Center. The Center will only recycle phones, so please do not bring in accessories like chargers, cases, ear pieces, etc.

Schoenherr Towers Accepting Applications

Schoenherr Towers, the City-owned, low-income senior facility, is accepting applications. Applications are available at the Sterling Heights Senior Center. You must make an appointment with Schoenherr Towers management to submit your completed application. *For more information, contact Schoenherr Towers at (586) 264-6410.*

Home Chore Services

Macomb County Community Services Agency assists seniors with home maintenance and minor repairs. The program is available to persons 60 years of age and older. Services include grass cutting, snow shoveling and odd jobs. For more information, please call (586) 469-5228.

"A Sterling Christmas"

40th Annual

**Saturday, December 3rd
at the Recreation Center
Dodge Park**

5:45 p.m. - 8:30 p.m.

**FREE
Event!**



Everyone is invited to ring in the holiday season with a variety of family fun activities including:

- Tree Lighting
- Holiday Music & Caroling
- Visit with Santa
- Horse-Drawn Wagon Rides
- Pony Rides
- Train Rides
- Petting Farm
- Cookies & Hot Cocoa
- Warming Fires
- Upton House Tours
- Carousel
- Great photo opportunities for everyone.

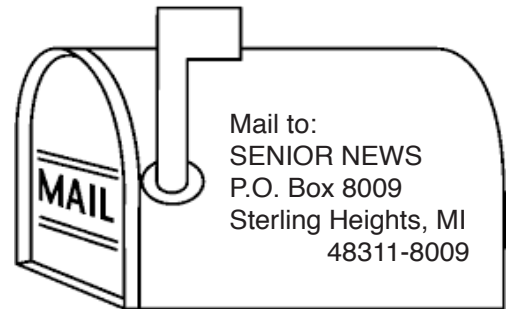
**Guaranteed
to Snow!**



Check us out on Facebook

The Sterling Heights Parks and Recreation Department has its own Facebook page at <https://www.facebook.com/shpark-sandrec>. Please take a moment to check it out and "like" the page. This will allow you to stay in touch, as well as get updates from the entire department and the happenings at the Senior Center.

The "Senior News" is available free of charge at the Senior Center and other city offices. If you, or someone you know, would like the Senior News mailed to them, please return this completed coupon along with a check or money order for \$15.00 Residents/\$22.50 Non-Residents, for a One (1) year subscription. Make checks payable to: TREASURER, CITY OF STERLING HEIGHTS. PLEASE PRINT CLEARLY!



Save
the
Date



AARP Tax Aide

Thursdays, Feb. 2 through April 6

AARP Tax Aide, the nation's largest volunteer-run tax assistance and preparation service, will be preparing tax returns and answering tax questions free of charge at the Center. Appointments are necessary since space is limited. To schedule your appointment, please call the Center.

PARKS AND RECREATION SENIOR ACTIVITY CENTER STAFF

Parks & Recreation Director: Kyle Langlois
Recreation Supervisor: Mark DiSanto
Recreation Supervisor: Kristen Briggs

Front Office: Karen Oddo,
Cheryl Kracht & Larry Sharlow

Gym Office: Leona Cross, Kim Schudlich,
Doug Hayden, Roy Vultaggio &
Linda Sharlow

Transportation Appointments:
Larry Sharlow: (586) 446-2757
(9:00 -11:30 a.m. & 1:00 - 2:30 p.m.)

Bus Drivers: Andy Desso, Karen McClellan,
Sharon Lautenbach, Denise Berg, Pat Ryan,
Dave Delamilleure, Julie Valentage,
Mary VanBecelaere, Robyn Winchester
and Marlene Wallace

Travel Escort: Jean Volos

Mailing Address:
Sterling Heights Senior Center
P.O. Box 8009
Sterling Heights, MI 48311-8009
Telephone hours: 8:00 a.m. - 4:30 p.m.
Phone: (586) 446-2750
Main Center open: 9:00 a.m. - 4:30 p.m.
Gym Phone: (586) 446-2766

Location: 40200 Utica Rd - Entrance one
block just East of Dodge Park on Utica Rd.
between 17 Mile & Dodge Park Rd.

**To read the "SENIOR NEWS" & to
register online:**
www.myshpr.net

E-mail us at:
kbriggs@sterling-heights.net

www.facebook.com/shparksandrec
twitter.com/sterling_hsts

Drop-In Fees

The Senior Center has a Drop-in fee for all visitors. The fee is 25¢ for Residents and 50¢ for Non-Residents. Please pay this fee and sign in when entering the building. This includes all general activities, classes, card playing, use of the pool room, use of the computers, etc. Please note: Drop-in fees vary for activities after 4:30 p.m. and Saturdays; check the back page of this newsletter for amounts.

WE ACCEPT THESE MAJOR CREDIT CARDS



**Did you know that we accept Visa, Mastercard, and
Discover? When activities are charged, refunds are
almost immediate.**

The Sterling Heights "SENIOR NEWS" is published bi-monthly by the Sterling Heights Senior Activity Center, Parks and Recreation, City of Sterling Heights, P.O. Box 8009, Sterling Heights, MI 48311-8009. It's purpose is to inform Seniors age 50 or older about activities for them. The "Senior News" is available for pick up bi-monthly on Registration Day, and on the website www.myshpr.net



Senior Active Life Center Schedule

The Senior Active Life Center offers and gym, fitness classroom and indoor walking track. It hosts a variety of activities, so come participate in your favorite, or try something new. Unless noted, all activities are on a drop-in basis and all are welcome!

Monday	Zumba Gold: 9:30 a.m. Pickleball Beginners: 11:00 a.m. – Noon Pickleball Open: Noon – 4:15 p.m. Evening Basketball: 4:45 p.m. – 9:00 p.m.	Walking Track 9:00 a.m. – 9:00 p.m.
Tuesday	Pickleball (Residents Only): 9:00 a.m. – 10:30 a.m. Pickleball Open: 10:30 a.m. – 4:15 p.m. Evening Pickleball 4:45 p.m. - 9:00 p.m.	Walking Track 9:00 a.m. – 9:00 p.m.
Wednesday	Pickleball Beginners: 9:00 a.m. – 10:30 a.m. Pickleball Open: 10:30 a.m. – 4:15 p.m. Basketball League: 4:45 p.m. – 9:00 p.m.	Walking Track 9:00 a.m. – 9:00 p.m.
Thursday	Badminton: 9:00 a.m. – 1:00 p.m. Basketball: 1:00 p.m. – 4:15 p.m. (1 court) Pickleball: 1:00 p.m. – 4:15 p.m. (1 court) Evening Basketball: 4:45 p.m. – 9:00 p.m.	Walking Track 9:00 a.m. – 9:00 p.m.
Friday	Pickleball Beginners: 9:00 a.m. – 10:30 a.m. Pickleball Open: 10:30 a.m. – 4:15 p.m.	Walking Track 9:00 a.m. – 4:15 p.m.
Saturday	Pickleball: 9:00 a.m. – 12:00 p.m. Basketball: 12:00 p.m. – 1:00 p.m. (1 court) Pickleball: 12:00 p.m. – 1:00 p.m. (1 court)	Walking Track 9:00 a.m. – 1:00 p.m.

The Senior Active Life Center will be closed: 11/11, 11/24, 11/25, 11/26, 12/14 (after 4:15 p.m.), 12/15, 12/16, 12/17, 12/23, 12/24, 12/26, 12/30, 12/31 and 1/2

Drop-in fee: Monday thru Friday 9:00 a.m. – 4:30 p.m.: 25¢ Resident / 50¢ Non-Resident
After 4:30 p.m. and Saturdays: Gym = \$2.00 Resident / \$3.00 Non-Resident
Walking Track = \$1.00 Resident / \$1.50 Non-Resident

Please carry in your tennis shoes. No street shoes are allowed in gym or on walking track.

